

ABSTRACT

Title: Evaluation of musculoskeletal disorders in pianists

Background: Musculoskeletal (MS) disorders are common in pianists. Allsop and Ackland (2010) in their study describe that pianists suffer from MS disorders in 42 %. However, the prevalence of MS disorders differs depending on the region. There has not been done yet any evaluation of prevalence of MS disorders in pianists in Czech republic. This evaluation is crucial to make a comparison of our national results internationally. Furthermore, it is required to establish well-prepared preventional program for starting pianists.

Aims: The purpose of this study is to evaluate prevalence of musculoskeletal disorders in pianists.

Methods: Our data were collected using questionnaire survey. We distributed questionnaires among czech profesional pianists, piano teachers, and piano students by emails who were older than 18.

Results: We sent 390 questionnaires by emails and received 78 of them completed. We revealed that the prevalence of musculoskeletal disorders of all respondents was 72 %. The prevalence was the highest in the group of the age from 18 to 60 reaching 90 %. The most common locality of musculoskeletal disorder was in the forearm. The group of pianists who started to play piano at the age from 3 to 4 were more prone to present with musculoskeletal disorders.

Conclusion: According to our results which prove that the prevalence of MS disorders in pianists in Czech republic is extremely high, we recomend to aim for prevention from it's developement.

Key words: musculoskeletal disorders, pianists, musicians, prevalence, physiotherap